

ABSTRACT

An edible oil in water emulsion comprising 40 - 99 wt.% of a continuous aqueous phase which phase contains 0.05 - 15 wt.% of a protein calculated on aqueous phase and, preferably, a thickener in an amount of 0.01 - 3 wt.%, 1 - 60 wt.% of a dispersed fat phase, the fat phase comprising 0.01 - 0.2 wt.% of alpha-tocopherol and a triglycerides mixture containing 10 - 80 wt.% of mono-unsaturated fatty acid residues, 10 - 80 wt.% of polyunsaturated fatty acid residues, 3 - 15 wt.% of omega-3 fatty acid residues, the balance up to 100 wt.% consisting of saturated fatty acid residues, fatty acid residues being calculated on fat phase, which emulsion is characterized in that it contains 0.005 - 0.05 wt.% of delta-tocopherol, while the weight ratio of delta-tocopherol and alpha-tocopherol in the emulsion is selected from the range 5 to 0.25.